



## Preventing damp and condensation in your home

This leaflet explains what causes damp, condensation and mould growth in properties and how to prevent it occurring in your home.

# Preventing damp and condensation in your home

If you would like this leaflet in another language or format (such as large print, audio or Braille) or if you require the services of an interpreter, please phone us on **01772 450600**

## Urdu

یہ دستاویز اگر آپ کو کسی دیگر زبان یا دیگر شکل میں درکار ہو، یا اگر آپ کو ترجمان کی خدمات چاہئیں تو برائے مہربانی ہم سے رابطہ کیجئے۔

## Cantonese

本文件可以翻譯為另一語文版本，或製成另一格式，如有此需要，或需要傳譯員的協助，請與我們聯絡。

## Mandarin

本文件可以翻譯為另一語文版本，或制作成另一格式，如有此需要，或需要传译员的协助，请与我们联系。

## Polish

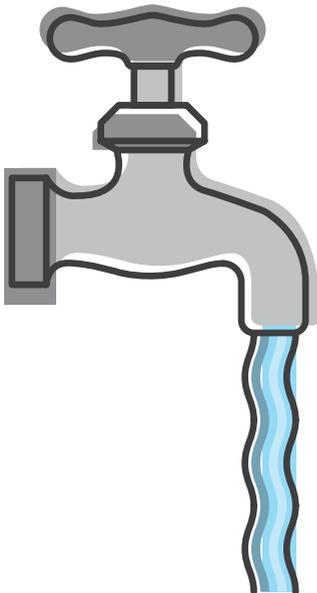
Jeżeli chcieliby Państwo otrzymać ten dokument w innym języku lub w innej formie albo jeżeli potrzebna jest pomoc tłumacza, to prosimy o kontakt z nami.

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and mould growth

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Turn off taps  
after use

## Types of damp

There are four main types of damp that can affect your home. However, condensation is probably the biggest cause of damp in homes. This leaflet will help you to identify and reduce condensation as well as treating the mould growth often associated with it.



## Rising damp

Rising damp is caused by water rising from the ground. Most properties are protected from rising damp due to a horizontal layer of waterproof material (a damp proof course) in the walls of a building just above ground level. A defective or absent damp proof course allows water to pass through the brickwork and rise through the ground floor of a property.

Rising damp will normally only affect a property up to a maximum of 60cm above ground level and usually leaves a 'tide mark' and white salts low down on the wall. If left untreated, it may cause wall plaster to disintegrate and wallpaper to lift in the affected area. Black mould will rarely be seen in areas of rising damp as the ground salts in the water prevent its growth.

## Penetrating damp

Penetrating damp is usually only found on external walls or on ceilings. It is caused by a structural defect outside the home, such as cracked rendering, missing pointing to the brickwork, or missing roof tiles, that allows water into the property.

This kind of damp is particularly noticeable following rainfall and looks and feels damp to the touch. Black mould is rarely seen on areas of penetrating damp as the affected area is usually too wet to encourage the growth of black mould.

## Leaks from pipes

Leaks from water and waste pipes can affect your property both externally and internally. Affected areas look and feel damp to the touch whatever the weather conditions outside.

Black mould will rarely be seen on this type of damp because the affected area is usually too wet and chlorinated to attract the growth of black mould.

## Condensation

Damp areas and black mould caused by condensation are the most common cause of damp in the home. Condensation is caused by water vapour or moisture from inside the property coming into contact with a colder surface, such as a window or exterior wall. The moisture soaks into absorbent surfaces, such as wallpaper, paintwork and plaster, creating damp areas that attract black surface mould.

This kind of damp can usually be found in the corners of rooms, on north facing walls, and on or near windows. It is also found in areas of little air circulation, such as behind furniture placed against external walls.

### DID YOU KNOW?

Drying clothes in the home creates up to 5 litres of moisture

PINTS = 9

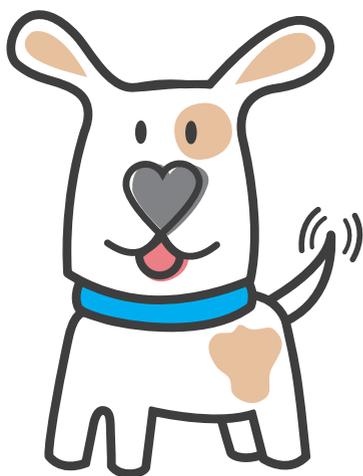


## Dealing with condensation and mould growth

In the UK climate, condensation in the home is very common. Cooking, drying clothes indoors, running taps/showers and breathing all produce water vapour that collects on colder surfaces such as external walls, windows, ceilings or mirrors. How warm and well ventilated you keep your home can also significantly contribute to the amount of condensation in your property.

Small amounts of condensation can be found in most homes, but if it is not dealt with, mould growth may occur and, in severe cases, this can make some health conditions worse. It can also damage your furniture, clothes or decorations.

The first signs of condensation becoming a problem in your property include damp areas that take a long time to dry, black mould, and excessive moisture collecting on cold areas such as windows. Unsurprisingly, black spot mould can frequently appear in kitchens, bathrooms and the corners of external walls where warm and cold air meet.



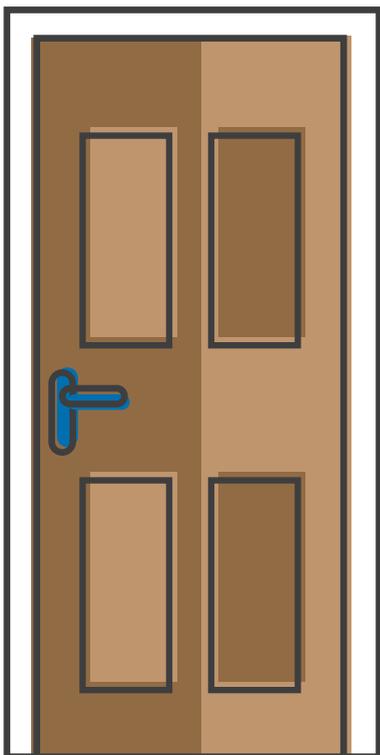
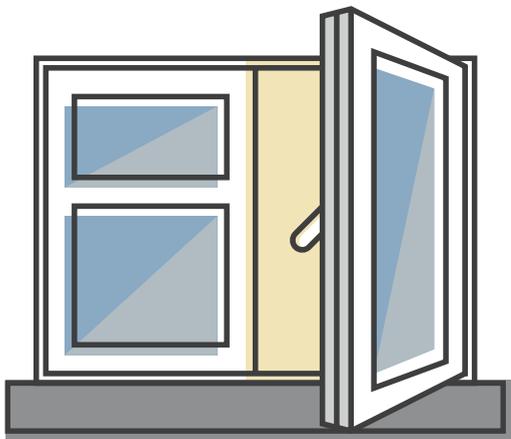
### DID YOU KNOW?

Your pets create twice as much moisture as you do in your home

PINTS = 6



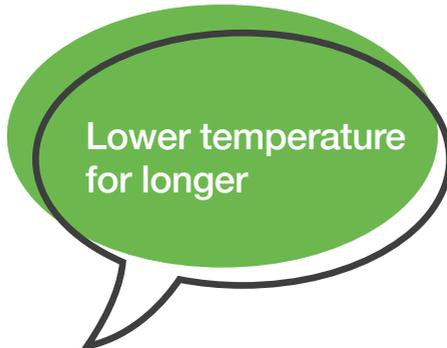
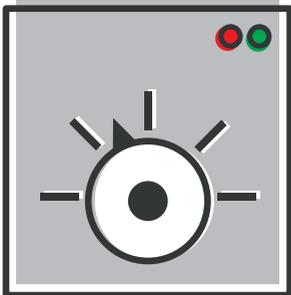
Open a window  
when cooking



Shut that door!

**If you think you have condensation in your home there are a number of practical steps that you can take:**

- Increasing the room temperature helps reduce condensation – so try to keep your home as warm as you can afford to. Use central heating if you have it
- It is best to have the heating on for longer periods of time at a lower temperature. Try adjusting the central heating thermostat and timeclock if you have one
- If condensation does form on the windows and surfaces, wipe it off
- Improve ventilation – open windows, where possible, particularly when cooking, bathing, showering or drying clothes. It is also a good idea to ‘air’ bedrooms first thing in the morning for an hour to let moisture escape
- Do not dry clothes indoors if possible, but if you do, dry them in the bathroom or kitchen, open the window, and allow air to circulate. Do not put clothes on radiators
- Try not to put furniture in front of radiators or against external walls. If you must, ensure that there is adequate room for the air to circulate



- Do not block air vents
- Consider purchasing inexpensive 'damp traps' for high moisture areas such as the kitchen, bathroom and rooms where you dry clothes. These small plastic boxes contain chemicals that draw moisture from the air. Site them out of the reach of pets and children
- Keep lids on pots and pans, as far as possible, when cooking
- Keep the internal kitchen door closed when cooking
- Do not let kettles and pans boil longer than necessary
- If you have an extractor fan fitted, make sure that you use it when cooking or using the bathroom
- Ventilation – open the window when cooking; windows usually have air vents or a security setting that allows air to circulate
- If you have a tumble dryer, ensure that it has an external vent or hose that can be put through an open window

### DID YOU KNOW?

An average family produces about 11.5 litres of water a day in the form of condensation

**PINTS = 20**



### DID YOU KNOW?

An average family bath or shower can produce this much moisture

**PINTS = 2**



## Dealing with black mould

If mould does occur it can be cleaned off surfaces using a fungicidal solution or tea tree oil (four drops to two litres of water). Do not brush mould as it can release spores into the air. Mould penetrates wall paper and plaster so you will need to treat these areas otherwise the mould will return. If you need to redecorate an affected area, use specialist damp/mould inhibiting paint that contains a fungicide.

## Three ways to prevent condensation

### Stop moisture building up -

use lids on pans, wipe down sills, dry clothes outside, use extractor fans

### Keep your home well ventilated -

leave window air vents open, open windows when using the kitchen and bathroom, air rooms if you are drying washing

### Keep your home warm -

a constant low heat in the damper and cooler months will help prevent condensation. Allow warm air to circulate by leaving doors open. Insulate your home as much as possible. If you are worried about your heating bills, please contact our Financial Inclusion Team for more advice or ask for our **'Saving energy'** leaflet.

### DID YOU KNOW?

Every time you fill the sink to wash the dishes - an extra 2 pints is created in moisture

**PINTS = 2**



## When to report damp to us

If you suspect **rising damp**, **penetrative damp** or **damp due to defective plumbing**, please report a repair online at [www.progressgroup.org.uk](http://www.progressgroup.org.uk)

Alternatively, you can report a repair:

**By email -**

[repairs@progressgroup.org.uk](mailto:repairs@progressgroup.org.uk)

**By phone -**

01772 450600

**In writing -**

Progress Connect Team,  
Sumner House, 21 King Street,  
Leyland, PR25 2LW

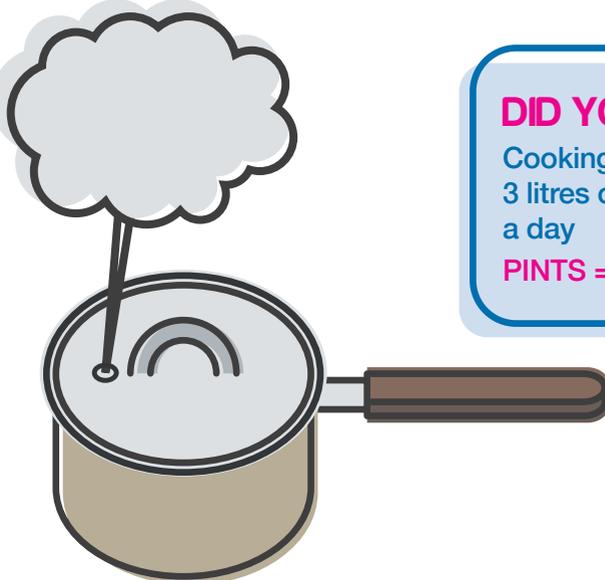
**In person -**

at one of our offices  
(9am - 5pm, Mon-Fri)

Please follow the advice in this leaflet to prevent and remove black mould growth or contact us for general guidance.



Use lids on pans  
when cooking



### DID YOU KNOW?

Cooking produces  
3 litres of moisture  
a day

**PINTS = 5**



5



## Leyland Office

Progress Housing Group  
Summer House  
21 King Street  
Leyland  
PR25 2LW

## Lytham St Annes Office

Progress Housing Group  
Warwick House  
Kilnhouse Lane  
Lytham St Annes  
FY8 3DU

## Telephone

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Monday - Friday  
8am - 6pm

## Email

[enquiries@progressgroup.org.uk](mailto:enquiries@progressgroup.org.uk)

## Website

[www.progressgroup.org.uk](http://www.progressgroup.org.uk)

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Damp / March 15